

25 Things I Want to Tell Teen Girls

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1. Rule number one: always be yourself – everyone else is already taken.
2. Actually look up from your phone once in a while. It's okay to look at people and have a conversation.
3. Be a reader. You can learn **SO MUCH** from reading. And, no, reading people's Facebook statuses does not count. Read an actual book.
4. Smile at people – even strangers or people you don't really know personally. You're not going to scare them off by smiling at them – unless your smile is really creepy. Then you might scare them off.
5. Don't **EVER** tell yourself that you aren't good at anything just because you aren't as good as someone else is. There will always be someone better than you and that's okay. We are all human. We are all unique. We all have our own talents. Some people don't have the same gifts and abilities, but that doesn't mean that someone is better than you because they do different things than you do. Develop your talents. Take time getting better at your hobbies. Don't try to be better than someone else – try to become better than yourself.
6. Starting rumors or spreading them will never make you look any better than you are and it will never help you make friends.
7. Learn to be organized. Don't take pride in having a messy room or locker by saying "It's just the way I am" or "It's just my personality." Your college roommates will not think it's okay when you leave your wet towel lying on the bathroom floor and when you shove all of your dirty and clean clothes into drawers that can't close anymore. And your future husband won't think it's attractive when the dishes are piled high in the sink and he can't find any of his clean clothes because they are still in the dryer. Your high school years are the best time to get ready for the future by developing a system that helps you stay organized.

8. Write notes to people. Write thank you notes when someone gives you something or does something for you. Write birthday cards for your friends, teachers, and classmates. Put a sticky note on your dad's steering wheel in his car or drop a little note in your mom's purse just to let them know you are thinking of them and that you love them. Write a note to your little brother and put it in his lunch box. Everyone loves getting little notes of appreciation. It's a little out-of-the-ordinary way to let someone know you care.

9. When you're angry, count to ten before responding. When you're really angry, count to one hundred.

10. When someone lets you borrow something, give it back. And don't wait until after you graduate college and are moving out of your home to clean out all of your stuff and realize that you didn't give your friend back their copy of *Princess Diaries* that she let you borrow in 2012.

11. It is 100% okay to shop at thrift stores. Don't let anyone ever tell you otherwise. Because in ten years when you have a great job and a gorgeous wardrobe that you save a ton of money on, you can laugh in that girl's face that made fun of you in high school for shopping at a thrift store. Why? Because she will probably be broke

because she is too high maintenance and she blew all her money on designer clothes, that's why. And I should stop ranting now because I'm starting to get really annoyed with that fictitious girl.

12. Spend some time at home on the weekends. You don't always have to go out with your friends every weekend. I know you live at home and sometimes you want to get out. But don't do it every weekend. And I don't mean stay in your room the whole time binge watching *Once Upon a Time* on Netflix while your family plays a board game in the living room. It's okay to spend quality time with your family. Cherish it.

13. Be healthy. You only have one body in this life and you need to take care of it! Eat your vegetables. Don't drink soda. Exercise. Play a sport for your school or local league. Get enough sleep. Just take care of yourself.

14. Keep a journal. Not just because writing is fun and it's good to write down your thoughts from time to time, but because four years down the road when you find that old notebook from 7th grade and start reading it you will either laugh at how stupid it was. Or like me, you will read it, feel super embarrassed about the feelings I had for my middle school crush, and shred

it so no one else can ever see those words I penned that scared my soul after reading them so many years later. It was a humbling experience to say the least.

15. Write a very detailed bucket list. It's fun to write and you can never tell your mom or your friends that you're bored or have nothing to do.
16. "No one can make you feel inferior without your consent." – Eleanor Roosevelt
17. You don't have to post a selfie every day. People won't forget what you look like if they don't see your face for a few days – I promise.
18. Get your homework done on time. Study for all of your tests. Try your best in school. You are there for a reason. Don't be that girl that thinks it's funny or cute to say that you failed a test or that you didn't study or do your homework. When you're in college, you won't think it's cute or funny when you have to repeat classes you failed in order to graduate or when you ultimately throw \$30,000 down the drain because you wanted to have fun instead.
19. Don't be that girl that has to fight everyone. You don't always have to have a snide remark. You don't always have to get your

opinion heard. Being a peacemaker doesn't make you weak. It makes you wise.

20. Listen. So many arguments and misunderstanding come from people not taking the time to listen to someone else. Listen to instructions. It's better to take the time at the beginning to listen to how things are supposed to be done than to get halfway into whatever you are doing and realize you have to start all over again because you didn't listen the first time. Also, your friends need you to listen to them. Sometimes you can just listen to them without giving your advice.
21. Be friendly to everyone. That doesn't mean you have to be everyone's friend. But that does mean that you can be civil to the bullies at school or treat your acquaintances kindly. It's just part of being mature. Not everyone has to be nice to you before you will be kind to them.
22. Be real. Be genuine. Your enemies will hate that. Everyone else will love it.
23. You don't **NEED** a boyfriend to make your life complete. It's not worth it to get into a relationship just because everyone else is doing it. I could go on forever about this one, but I won't.

24. Relax. Don't stress yourself out about little things. Realize when you need to take a break and do it. I don't mean be lazy. I mean just take a break sometimes. Read a book, write a letter, sit outside and listen to music, paint with water colors, browse Pinterest. Take a moment and just breathe and clear your mind. Life isn't going to go

by too fast that it won't allow you to take a break.

25. Last but not least, your relationship with God is what's really going to get you through your teen years and the rest of your life. Really take time to cultivate a genuine relationship with Him.

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